

# WV Statewide Consumption Advisories **FISH**

Water Body	Species	Limit your fish meals to:	Contaminants
<b>All Waters in West Virginia</b> except where listed in the Specific Consumption Advisories on pages 26 and 27.	White Bass	1 meal a month	Mercury PCBs*
	Black Bass <i>(largemouth, smallmouth, spotted)</i>	2 meals a month	
	Channel Catfish greater than 17"		
	Flathead Catfish		
	Hybrid Striped Bass		
	Walleye, Sauger and Saugeye		
	Rock Bass	1 meal a week	
	Channel Catfish less than 17"		
	All Suckers		
	All Other Species		
	Rainbow Trout	No Limit	

\*PCBs: Polychlorinated Biphenyls

## How to Use this Advisory

Follow the advice presented in this brochure, noting the differences between the General Advisories for all West Virginia waters on this page and the Specific Advisories on pages 26-27. Find the meal advice for the fish you've caught. "Do Not Eat" means no one should eat those fish because of very high contamination. The other groups ("One Meal a Week," "Two Meals a Month," "One Meal a Month," and "Six Meals a Year") are advice for how often to eat a fish meal. The size of the fish meal depends on your body weight. To adjust serving sizes, follow the advice in the meal size table.

Women of childbearing age, children and people who regularly eat fish are particularly susceptible to contaminants that build up over time. If you fall into one of these categories, you should be especially careful to follow the meal sizes and space fish meals out according to the advisory tables.

Your body can get rid of some contaminants over time. Spacing the meals out helps prevent the contaminants from building up to harmful levels in the body. For example, if the fish you eat is in the "One Meal a Month Group," wait a month before eating another meal of fish from any restricted category. Occasionally eating fish in quantities slightly greater than the advisories recommend, such as during an annual fishing vacation, should not present a health hazard.

**DISCLAIMER:** Advisories are based on fish tissue gathered for specific fish species in specific streams or lakes. Fish move throughout the year and may travel many miles in one day. Unless there are man-made or natural barriers, fish carrying contaminants may move into upstream or downstream reaches, or into tributaries. Therefore, it is recommended to be aware of potential fish movement in the fish consumption advisories on pages 25-27.

Meal Sizes	
A person weighing between	should eat no more than this amount per meal
pounds	ounces of precooked fish
20 or less	1
21-35	1.5
36-50	2
51-70	3
71-90	4
91-110	5
111-130	6
131-150	7
151 and over	8
Remember that 3 ounces of precooked fish is about the size of the palm of your hand or a deck of cards	
Remember that 1.5 ounces of precooked fish is about one-half the size of the palm of your hand or one-half the size of a deck of cards	

## For Additional Information

The advisory listing was current at the time this summary went to press. Other fish consumption advisories may have been issued or lifted since that time. Notice of such actions is released to the public through press releases. For further information or the most current advice contact:

### WVDHHR:

(304) 558-2981 • [node2.wvdhhr.org/scales/client/index.html](http://node2.wvdhhr.org/scales/client/index.html)

**WVDNR:** (304) 558-2771 • [www.wvdnr.gov](http://www.wvdnr.gov)

**WVDEP:** (304) 926-0495 • [www.dep.wv.gov](http://www.dep.wv.gov)

**USEPA:** [www.epa.gov/fish-tech](http://www.epa.gov/fish-tech)

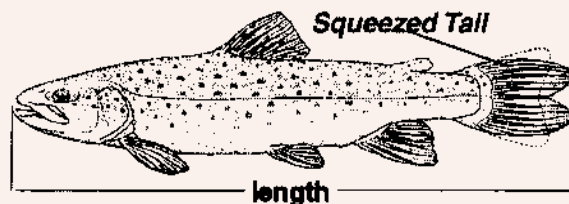
# FISH 2019 WV Specific Consumption Advisories

Water Body	Species	Limit your fish meals to:	Contaminant(s)
<b>Bluestone River</b>	Carp	1 meal a month	PCBs*
<b>Fish Creek</b>	Smallmouth Bass, all sizes	1 meal a month	Mercury
<b>Kanawha River</b> Downstream of I-64 bridge in Dunbar down to Winfield Lock and Dam including all backwaters, Armour Creek, Heizer Creek, Manila Creek, lower two miles Pocatalico River, Coal River mouth to Lower Falls	Flathead Catfish, all sizes	Do not eat	Dioxin* Mercury PCBs
	Channel Catfish, all sizes		
	Carp		
	Hybrid Striped Bass		
	Suckers		
	All other species	1 meal a month	
<b>Little Kanawha</b> from mouth upstream to Wells Lock  <b>Hughes River</b> from mouth upstream to North and South forks	Sauger	1 meal a month	Mercury
<b>R. D. Bailey Lake</b>	Channel Catfish greater than 17 inches	1 meal a month	PCBs
<b>Shenandoah River</b>	Carp	Do not eat	Mercury PCBs*
	Smallmouth Bass	1 meal a month	Mercury
<b>Summersville Lake</b>	Flathead Catfish, all sizes	1 meal a month	Mercury
	Walleye	1 meal a month	Mercury
<b>Sutton Lake</b>	Black Bass, greater than 12 inches	1 meal a month	Mercury
<b>Mount Storm Lake</b>	Striped Bass	1 meal a month	PCBs

\*PCBs: Polychlorinated Biphenyls

Note: Contaminant- Meal limits are determined by the chemical with asterisk. Other chemicals, such as dioxin, (Hg) methyl mercury may have an advisory at a less restrictive level.

## MEASURING A FISH



1. Lay the fish on top of a ruler on a flat surface.
2. Close the mouth of the fish and squeeze the tail fin lobes together.
3. Measure all fish from the tip of the snout to the tip of the tail. Do not measure along the curvature of the fish's body.

# Ohio River Consumption Advisories **FISH**

The protocol used to determine Ohio River fish consumption advisories (ORFCAP) is the product of the efforts of a multi-agency workgroup consisting of representatives from the six main stem states (Illinois, Indiana, Kentucky, Ohio, Pennsylvania, West Virginia) as well as the US EPA and the Ohio River Valley Water Sanitation Commission (ORSANCO) to develop consistent fish advisories along the Ohio River main stem. The online Ohio River advisory is available at: <http://216.68.102.178/comm/fishconsumption/default.asp>, please refer to the website for recent updates.

Ohio River Segment	Species	Limit your fish meals to:	Contaminant(s)
<b>Pennsylvania Border (East Liverpool) to Belleville Lock</b> (Brooke, Hancock, Marshall, Ohio, Pleasants, Tyler, Wetzel and Wood counties)	Channel Catfish 18 inches and greater	Do not eat	*PCBs
	Channel Catfish less than 18 inches Common Carp Striped Bass Hybrid White Bass	6 meals a year	
	Flathead Catfish Freshwater Drum Largemouth Bass Sauger Saugeye Smallmouth Bass Smallmouth Buffalo Spotted Bass All Suckers Walleye	1 meal a month	
<b>Belleville Lock to the Kentucky Border</b> (Jackson, Mason, Cabell and Wayne counties)	Channel Catfish 18 inches and greater Striped Hybrid Bass Striped Bass	6 meals a year	*PCBs
	Channel Catfish less than 18 inches Common Carp Flathead Catfish Freshwater Drum Largemouth Bass Smallmouth Bass Spotted Bass All Suckers White Bass	1 meal a month	

\*PCBs: Polychlorinated Biphenyls

Note: Contaminant- Meal limits are determined by the chemical with asterisk. Other chemicals, such as dioxin, (Hg) methyl mercury may have an advisory at a less restrictive level.